

TITLE: SAUNA WITH PHOTOTHERAPY LIGHTING

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CROSS REFERENCE TO RELATED APPLICATION

5 This application ^{is a continuation} ~~claims the benefit~~ of U.S. Utility Patent Application
No. 09/684,685, entitled "Sauna with Phototherapy Lighting, filed October 7, 2000, which ^{now abandoned}
claims benefit of Provisional Patent Application No. 60/158,593, filed October 7, 1999,
entitled "SUN BOX SAUNA AND LIGHT FIXTURE".

FIELD OF INVENTION

10 The current invention relates to the field of phototherapy lighting and saunas.
Specifically, the current invention discloses phototherapy lighting located within a portable
sauna, where such sauna and phototherapy lighting combination provides a therapeutic and
aesthetic experience that approximates the rays of natural sunlight.

BACKGROUND OF THE INVENTION

15 Saunas have been manufactured and sold on the market for many years. Saunas can
employ a variety of heat sources, all with the object of warming a person's body in order to
create sweat. The sweating process has several health benefits such as increasing the heart
rate, blood circulation, calorie consumption, and the release of toxins.

Phototherapy, or light therapy, is a newer science that has developed in particular in
20 respects to the treatment of Seasonal Affected Disorder (SAD). Phototherapy was found to